

LIFESTYLES

Hawaii Marine B Section

June 11, 2004



Left — Come early to get a ringside view on July 3 at 6 p.m., when Marine Corps Base Hawaii and local boxing clubs will bob, weave and land powerful, well-timed jabs during amateur fights sanctioned by USA Boxing.

Below — Fernandez Events, Inc., will host the “Midway of Rides and Games,” each day of BayFest, complete with thrills for every age group, as well as relaxing cruises and exploratory static displays.

All photos are official USMC photos



BAYFEST 2004

Hawaii

**Bobbie Brock and
Edward Hanlon V**
MCCS Public Relations

Get ready to join the convoy of fest goers at the 15th Annual McKenna Motors’ BayFest — an annual showing of appreciation for the local community as well as military and family members who sacrifice themselves for America’s freedom — July 2, 3 and 4.

Live on stage will be chart toppers “Train,” extraordinary Liz Phair, country diva Jo Dee Messina, Big Island rockers “Living in Question,” and many more mainland and local entertainers.

The Fourth of July weekend would not be complete without fireworks, and Oahu is in for the largest and most spectacular Fourth of July fireworks in the state of Hawaii this year. Each evening, BayFest 2004 will showcase the world-famous Grucci Brothers Fireworks who

have the Olympics and Presidential inaugurations on their résumé.

You won’t want to miss Marines and their machines either, including planes, helicopters, tanks, amphibious assault vehicles, artillery, and the greatest weapon of the Corps: Marines themselves. Come experience and see who and what keeps us safe and free.

The Island Lifestyle Expo will showcase a slew of displays, games, contests, giveaways, and vendors, all collocated inside a Marine Corps aviation hangar adjacent beautiful Kaneohe Bay.

Last year, more than 38,000 people converged here to rock out to live performances, get

c r a z y

with games and contests, go wild in the water and fill their holiday weekend with festivity and merriment. This year, BayFest 2004 hasn’t missed a beat and will offer more than ever.

BayFest is filled with events for all interests and age groups. Fitness-minded folks can enjoy the Boxing Challenge, the Castle Medical Center Strongman Competition, the “build-your-own boat” Bathtub Regatta races, the Striker Contest, and the usual crowd favorite, the Nutri-Fit BodySearch Contest.

For patrons with varied interests, BayFest offers boat rides, pizza-eating and belching contests, and exotic and new car shows. The sheer number of events are just too numerous to list!

No BayFest is complete without E. K. Fernandez car-

nival rides, for everyone, including the popular 120-person Giant Wheel that will cast its luminescence across Kaneohe, lighting up the bay and offering spectacular views of the Windward side.

McKenna Motors BayFest is an annual event organized by Marine Corps Community Services Hawaii. It’s open to the public, and all proceeds enhance the quality of life for Marines, Sailors and their family members stationed aboard Marine Corps Base Hawaii.

Presale tickets are \$8 and include three E.K. Fernandez Carnival Ride coupons and a Papa John’s Pizza coupon and are available at all Papa John’s outlets as well as unit commands. One-day and three-day Fest passes are available for \$7 and \$16, respectively; both include two Papa John’s Pizza coupons.

For general admission prices and more details about this year’s events and activities, go to www.BayFestHawaii.com. (Sorry, no backpacks or coolers are authorized at BayFest 2004.)

Below — Don’t miss this year’s diverse headline entertainment: Liz Phair (left inset) on Friday, “Train” (right) on Saturday, and Jo Dee Messina on Sunday, as well as varied other popular entertainers and styles of music.



Above, right — Riders can expect to get their adrenaline rush on rides like the death-defying “Ring of Fire” that turns upside down and all around, courtesy of Fernandez Events, Inc., Hawaii’s premier carnival provider.



Above center, above right — For those that prefer to leave the aerobatics to pilots, more traditional fun is available in the form of bumper cars and slides.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

June

12 / Saturday

BayFest Battle of the Bands — Star 101.9 and Kahuna’s Sports Bar & Grill will be rockin’ out to some of the islands’ most talented rock and roll bands on Saturday at 10 p.m. The winner will go on to compete in the final Battle competition at the Wave Waikiki on June 26 for a chance to open up for Liz Phair at BayFest on July 2.

Look for details in upcoming issues of the *Hawaii Marine* for names of competing bands.

Rocker Room B-Day Bash — The Staff NCO Club is celebrating its birthday with a “Beach Party Birthday Bash” at 6:30 p.m. Entertainment will include contests such as the

limbo, the belly flop and karaoke, as well as mega music and door prizes.

Call 254-5481 for more information.

15 / Tuesday

Youth Activities — The Home School Network is an excellent opportunity for home schooled preteens and teens, ages 10 to 14, to meet other people. Educational and recreational excursions are scheduled every Tuesday. Destinations include Kualoa Ranch, Diamond Head and Hawaiian Waters Adventure Park.

For more information, call the Youth/Teen Club at 254-7648.

16 / Wednesday

Marriage Skills — If you’re thinking about marriage, then get in the know and attend the next Marriage Skills Workshop, June 16 – 17. Learn more about becoming a successful military family, couples’ communication, budgeting and finances, and other resources available to make your relationship a success.

Call 257-7780 or 257-7781 to register.

Summer Adventure — Youth Activities members are invited to “Summer Adventure” from this Wednesday through Aug. 20. The program will include weekly field trips to local points of interest, indoor and outdoor games and activities, swimming, arts and crafts, and sports clinics. Plus, participants get an Adventure T-shirt, afternoon snacks and admission fees to all field trips.

Enrollment is limited, and fees are based on total family income, per DoD fee guidelines. For more info, call 254-7610.

17 / Thursday

Cage The Rage — Learn to understand and control your anger Thursdays from 1 to 3:30

p.m. Offered in a series of eight weekly sessions, “Cage the Rage” allows you to start and complete the course at any time.

To schedule a brief orientation appointment, call 257-7780 or 257-7781.

19 / Saturday

Kahuna’s Texas Hold’em — It’s your turn to buy in, as Kahuna’s is hosting a Texas Hold’em Tournament for all E-5 and below at 7 p.m. The tournament is limited to the first 50 people, and the entry fee is \$5 for all players. The top three players will go on to compete in the base wide Texas Hold’em Tournament at Fairways.

Prizes and a chance for bragging rights are all at stake at this event, so bring your best game. Dealers are still needed. Call 254-7660 for more details.

20 / Sunday

Father’s Day Brunch — You don’t have to travel far or spend a lot to show dad how very much you appreciate him, as you can find the way to your dad’s heart at the Staff NCO Club or at the Officers’ Club. Let Marine Corps Community Services do the cooking with a delectable Father’s Day Brunch cooked up especially for the man of the house.

Reservations are required, so call the Staff NCO Club at 254-5481 and the Officers’ Club at 254-7650.

23 / Wednesday

NCO Appreciation — Invite your noncommissioned officers to the Rocker Room from 4:30 to 6:30 p.m. for 25-cent wings, cool beverages and a bit of camaraderie.

24 / Thursday

O’Club Block Party — The new porte cochere and landscaping are finished, and the front entrance has a refreshing, beautiful look at your Officers’

Club. Celebrate summer and the new scenery with merri-ment and munchies at the O’Club Block Party beginning at 5 p.m.

26 / Saturday

Toga! Toga! Toga! — Kahuna’s Sports Bar & Grill is hosting its 2nd Annual Toga Party, and all E-5 and below, DoD equivalent and sponsored guests are invited. All menu items will be \$1 off for those dressed in costume, and the best dressed will garner prizes.

Kahuna’s will open at 6 p.m., so get there early. For more information, call 254-7660.

Casino and Latin Night — Try your luck at the Fairways Ballroom from 6 to 8 p.m. when bingo, black jack, the roulette wheel and Texas Hold’em Poker throw down. Also, be sure to get in on the door prizes and cheap eats.

Admission will be \$5 for members and \$8 for nonmembers.

Also, don’t forget to break-away from the casino and head on over to the Rocker Room for Latin Night at 8 p.m.

September

16 / Thursday

Island Getaway — If you have friends and family on the West Coast, bring them to the islands with the Hawaii Aloha Tour package, Sept. 16 – 20. For \$729 per person (based on double occupancy) the package includes round-trip airfare from/to Los Angeles International Airport, four nights of hotel accommodations at the Outrigger East in Waikiki, plus tickets to the Polynesian Cultural Center Alii Luau, a Hawaiian beach party, Pearl Harbor’s Arizona Memorial and the Honolulu City Tour.

Space is limited to 50 people, so call now for reservations at 254-7413.

Ongoing

7-Day Store — The 7-Day Store, located on Lawrence Road, is now open 24 hours. Alcohol, however, is not sold between midnight and 6 a.m.

Auto Auction — The Auto Skills Center holds an auto auction on vehicles that it acquires and fixes up to working condition. Interested parties can inspect these cars, trucks or SUVs and place their bids in the ballot box inside the Auto Skills Center.

If you’re in the market for a new vehicle, don’t pay those high prices; visit the Auto Skills Center to see if it has just the deal you’ve been looking for.

| <i>Year</i> | <i>Make/Model</i> | <i>Min. Bid</i> |
|--------------------------------------------------------------------------------------|-------------------|-----------------|
| ’94 | Chevy/Corsica | \$600 |
| Runs, but needs pulley tensioner, right wing window and right turn lens replaced. | | |
| ’94 | Dodge/Shadow ES | \$500 |
| Runs, but needs key made. Right window track and valve cover gaskets need replacing. | | |
| ’94 | Ford/F-150 P/U | \$2,500 |
| Runs, but needs key and rear tire. | | |
| ’94 | Honda Civic | \$1,300 |
| Needs a key made and has minor damage to front end and hood. | | |
| ’93 | Nissan/Sentra | \$150 |
| Needs timing belt and keys made. | | |
| ’92 | Mazda/MX-6 | \$1,600 |
| Runs, but needs windshield. | | |
| ’90 | Mitsubishi coupe | \$50 |
| Runs, but needs key made and transmission replaced. | | |
| ’90 | Nissan/Pulsar NX | \$300 |
| Needs key made and timing chain replaced. | | |
| ’87 | Toyota/Tercel | \$200 |
| Runs, but needs key made. Struts and water pump need replacing. | | |
| ’72 | Dodge/Dart | \$250 |
| Runs, but needs starter. | | |

For more information about any of the above vehicles, call the Auto Skills Center at 254-7675.

SM&SP



All events are open to unaccompanied E-5 and below, active duty Marines and Sailors. The SM&SP Office is located in Bldg. 1629, inside the Kahuna’s Recreation Center. Get more details on activities at www.MCCSHawaii.com under the “Semper Fit” icon, or call 254-7593.

Upcoming Events

Saturday: Thrill seekers, take note of the SM&SP’s “North Shore Shark Adventures,” tomorrow. This adventure is only \$85, so sign up today, as seating is limited to six people per tour. If you don’t make Saturday’s cut, sign-up for future tours.

Saturday at 9:30 a.m.: SM&SP’s Hiking Club will tackle Maunawili Falls. Meet at Kahuna’s Recreation Center for the route brief and Q&A session.

The tour will depart at 10 a.m., and hikers plan to spend a relaxing day swimming in the pools of the Falls and enjoying the spectacular views. Ensure you bring appropriate clothing for a hike, swimwear for the pools, bug spray, sunscreen, water and your cell phone.

For more details, contact Lance Cpl. Sarah Powell at powellsr@mcbh.usmc.mil, or call her at 257-0059 or 382-0150.

Wednesday at 11:30 a.m.: Registration is underway for the next Shank & Slice Golf Tournament. After a 12:30 p.m. shotgun start, the quarterly “best ball” golf tournament will get going, but don’t worry about being a good player. Best ball only means one person on your team needs to get lucky with a good shot. Everyone else can shank and slice.

BayFest to host BodySearch Fitness contest

Bobbie Brock
Edward Hanlon V
MCCS Public Relations

Marine Corps Community Services is seeking the hottest of hot bodies to strut their stuff, live on stage at McKenna Motors BayFest 2004.

The Nutri-Fit BodySearch Fitness Challenge will be held Saturday, July 3, at 3:30 p.m. on the Main Stage of BayFest. Watch slim, trim and muscle-brimmed men and women strut their stuff, as they vie for cash, prizes and the prestigious title of the Nutri-Fit BodySearch Challenge king or queen.

Registration is free through

July 2, and \$10 on the date of the event, July 3. All Nutri-Fit BodySearch Fitness Challenge participants must be at least 18 years old, and they must model fitness in one- or two-piece, full-cut swimsuit attire. No thongs will be allowed.

Contestants will be judged on personality, physique and interviewing skills. Male and female contestants will receive cash and prizes for placing first through third.

If you think you have the brawn and beauty of a BodySearch contender, call the Nutri-Fit BodySearch Fitness Challenge Headquarters at 254-7597, or register online at www.BayFestHawaii.com.



Official USMC photos

Think you’ve got what it takes to win the Nutri-Fit BodySearch Fitness Challenge? Register now to strut your stuff at BayFest 2004, July 3.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

| | |
|---------------------------------|------------------------|
| Jersey Girl (PG-13) | Today at 7:15 p.m. |
| Hellboy (PG-13) | Today at 9:45 p.m. |
| The Alamo (PG-13) | Saturday at 7:15 p.m. |
| The Girl Next Door (R) | Saturday at 9:45 p.m. |
| Johnson Family Vacation (PG-13) | Sunday at 3:30 p.m. |
| Jersey Girl (PG-13) | Sunday at 7:15 p.m. |
| Connie and Carla (PG-13) | Wednesday at 7:15 p.m. |
| Jersey Girl (PG-13) | Thursday at 7:15 p.m. |
| The Laws of Attraction (PG-13) | June 18 at 7:15 p.m. |
| The Alamo (PG-13) | June 18 at 9:45 p.m. |

Volunteers create win-win situations

Lance Cpl. Megan L. Stiner
Combat Correspondent

“America’s volunteers set a fine example for our Nation, and I encourage all Americans to look for a challenge in their communities and step forward to lend a hand,” said President George W. Bush in a recent proclamation hailing National Volunteer Week.

Volunteerism is an act of individual selflessness that benefits others and also improves our own outlook on life.

“When you become detached mentally from yourself and concentrate on helping other people with their difficulties, you will be able to cope with your own [problems] effectively,” said Norman Vincent Peale, author of “The Power of Positive Thinking.” “Somehow, the act of self-giving is a personal, power-releasing factor,” he added.

A plethora of volunteer opportunities exists for those interested in volunteering their time, both on base and locally, for a worthwhile cause. From spending free time with the elderly to helping out at a car wash to benefit a nonprofit organization, military and civilians alike



Lance Cpl. Michelle M. Dickson

Volunteering can be as simple as donating blood. Army Sgt. Robert A. Mims, NCOIC for mobile collections, prepares Sgt. Maly Soukkaseum of Headquarters Battalion, for blood donation. A blood drive for Tripler Army Medical Center is held here once a month.

can make a difference by volunteering.

“For me, the biggest reward is seeing smiles on athletes’ faces,” said Staff Sgt. Brian K. Donaldson, radio supervisor with Combat Service Support Group 3 and a frequent volunteer for Special Olympics. “Knowing I made an effect in someone else’s life is well worth the effort.”

“Getting people involved in volunteering is a key strategy for improving the quality of life in our community,” said Irving Lauber, president of the state’s Aloha United Way, which recently launched a statewide volunteer matching service. “Hawaii now has a centralized place for volunteers and nonprofits to connect. We are very excited.”

The service referred to by Lauber makes it easier for interested individuals to find volunteer opportunities online. Called “Volunteer Hawaii,” the program uses state-of-the-art software that makes it more convenient for volunteers to match their individual interests with avail-

able needs. The search engine enables them to search by keyword, zip code and social issues to find volunteer opportunities.

The “Volunteer Hawaii” Web site can be found at www.volunteer-hawaii.org. Potential volunteers may also dial Aloha Uunited Way “2 1 1” for assistance, where specialists can search the database for them, free from all islands, 24 hours a day.

“I have been working at Marine Corps Base Hawaii over the past 22 years. During that time, Sierra Club, Hawaii Chapter, members have become one of our regular volunteer service organizations on a variety of projects,” said Dr. Diane Drigot, senior natural resources management specialist here. “Our supportive volunteers are just as much winners as the Marine base because the result of working together over the years has been a healthier environment and a stronger partnership between the Marines and the community,” she explained, regarding the installation’s 25 national environmental stewardship awards.

“I shall pass through this world but once.
Any good, therefore, that I can do or any kindness
that I can show to any human being, let me do it now.
Let me not defer or neglect it, for I shall not pass this way again.”
— Mahatma Gandhi

Volunteer Opportunities

Aloha 211 (211, a three-digit phone number)
volunteerhawaii.org/volunteer

A free service, if you do not have Internet access dial 2-1-1, free from all islands, 24/7, to volunteer with any organization listed with Aloha United Way. Also, this service offers help in finding food, shelter, drug treatment, child care, job training and more, and all calls are confidential.

All Enlisted Spouses Club (Mary Pratt, 254-0841)

The AESC provides both moral and financial support (such as scholarships) to base and authorized civic activities that give direct support to the installation’s active duty personnel, retirees and their families. Members volunteer at least 10 hours per month to causes, and help run the AESC Thrift Shop, which collects donated items for resale or donation to various charities.

American Red Cross (Connie Cruz, 257-8848)

The American Red Cross provides humanitarian aid to those affected by disaster; health and safety skills; teaches youth personal civil and responsibility, healthy behavior and preparedness; and armed forces emergency services, to include emergency communications, emergency financial assistance, counseling, veterans assistance.

Armed Services YMCA (Nicole Ferguson, 254-4719)

The ASYMCA strives to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Base Chapel (Petty Officer 3rd Class Joshua Kimble, 257-3552, ext. 28)

In addition to supporting the military community with religious ministries and education, counseling and safe harbor for confidential issues, Navy chaplains host the following regularly scheduled outreach opportunities for

service and family members:

- “Elderly Fun” twice a month
- Youth Correctional Facility mentoring twice a month
- Feeding the Homeless on varied dates
- Big Brother/Big Sister events on Monday and June 28

Boy Scouts (Kent Downing 595-6366 ext. 237)

www.alohacouncilbsa.org

Girl Scouts (Barbara Blomgren, 595-8400, ext. 218)

www.girlscouts-hawaii.org

Scouting programs offer character and skills development, including leadership, citizenship, values and personal fitness training or programs, all in partnership with committed, adult volunteers.

Environmental (Contact Community Relations at the Public Affairs Office, 257-8876 or 257-8840)

The Environmental Compliance and Protection
See VOLUNTEER, B-4

Elvis lives!

AESC to hold concert to raise scholarship and grant funds

Staff Sgt. Ronna Weyland
Press Chief

The All Enlisted Spouses Club will host an Elvis Presley impersonator concert here at the base theater, Saturday, June 19 at 6:30 p.m., to raise scholarship money for military family members.

“This is a big scholarship kickoff event,” said Mary Pratt, AESC president. “We expect to raise \$32,000 this year for scholarships.”

This is the second year the AESC has brought Jay Barnes, a professional Elvis impersonator, from Jacksonville, N.C., here for a concert benefit.

Barnes has performed Elvis impersonation concerts for more than five years. He fulfills requests mostly around his hometown area in North Carolina.

Sgt. Maj. Anthony Franks was the recent guest speaker at the AESC Scholarship Awards and Reception, recently, where three scholarship recipients (from left) Erica Roberts, Wendy Bogie and Courtney Browning, were recognized.



Lance Cpl. Michelle M. Dickson

“He just likes to give to the community,” said Pratt of Barnes’ many performances, emphasizing that all proceeds raised from the local concert will go toward the AESC Scholarship Fund.

“Our goal is to sell at least 500 tickets this year,” said Pratt. “We are in a larger venue this year, so it should be possible.”

The event is open to all hands. The cost for admission is \$15, and tickets can be purchased at the Information, Tickets and Tours office or the AESC Thrift Shop.

The AESC operates the base Thrift Shop here. Some of the group’s upcoming events include a fund-raiser dinner with the Navy League in July, the annual Bag Sale at the Thrift Shop and a Christmas gift wrap booth at the base exchange.

For more information on the Elvis concert or other AESC events, contact Mary Pratt at 254-0841 or 282-7894.

Minister enjoys giving through the art of impersonation

Pfc. Rich Mattingly
Combat Correspondent

Seven years ago, a minister was singing in church when a fellow evangelist first remarked on his uncanny gift.

“He said, ‘You know, you sound a lot like Elvis. Are you trying to sound that much like him?’” recalled Jay Barnes, pastor of the River of Life Church and an Elvis impersonator.

The evangelist friend probably knew the voice better than most, having worked as a back-up singer for the famed progenitor of rock and roll, Elvis Presley. In the intervening years, thousands of Elvis fans have agreed.

“My mother put on Mr. Barnes’ CD and said if you just closed your eyes and listened, he sounds just like Elvis,” said Kerry Cecil, a Marine Corps Base Hawaii spouse and an avid Elvis fan.

“I’d never really tried to sound like anybody but myself, but I thought I’d give it try and I sang some Elvis songs,” explained Barnes with a small laugh.

After winning a karaoke competition in Jacksonville, N.C., he signed with a talent agency that got his singing career up and running.

Barnes has dedicated his life to charitable work through his church in Jacksonville, and has used his considerable vocal talents to serve others. A veteran of countless United Service Organizations shows on the east coast, the sequin-suited performer is no



BARNES

stranger to playing for American troops, especially Marines.

“I got to perform for General Jones a few years back,” recalled Barnes fondly. However, he said his most memorable gig to date was probably performing with superstars like Lee Greenwood, for the President of the United States, and former first lady Nancy Reagan, at the commissioning of the USS Ronald Reagan in July of 2003.

Barnes enjoys the shared experience of re-living the music of a performer who is arguably the most impactful musician in American history.

“I want to give the audience the feeling that they saw Elvis after one of my shows. I try to make it look and feel as close to the real thing as I can,” said Barnes. “I do the shows for the audience, and as long as the audiences love Elvis, then they’ll love what I do.”

Volunteer Opportunities

VOLUNTEER, From B-3

Department conducts compliance, pollution prevention, conservation, installation restoration, training, education and outreach activities to contribute to combat readiness and protect human health and the environment aboard Mokapu Peninsula. Adult military, civilian, local residents and children often help with a variety of environmental projects.

Individual Volunteer Database

(1st Sgt. Juan Diaz, 257-2387 or Staff Sgt. Deanna Donaldson, 257-1552)

Volunteer Marines of Combat Service Support Group 3 maintain an information database of names of military who have expressed written interest in volunteer projects. Call if you are interested in being added to the list to receive notification.

Key Volunteer Network

(Karen Rochon,

257-0867 or 254-7522, evenings)

www.usmc-mccs.org (click on the Key Volunter Network link beneath “Family Team Building” heading)

KVN volunteers support spouses of unit Marines by serving as the primary communication link between the commanding officer and unit families. Volunteers also organize events to keep up morale, especially during deployments.

MCBH School Partnership Program

(Capt. Luis Narvaez, 257-2110, ext. 281, or Ms. Sarah Fry, 257-8832 or 257-8840)

Volunteers in units partnered with local, public schools participate in a number of activities ranging from mentoring students in the classroom to monitoring physical fitness activities and providing “sweat equity” for repair and maintenance projects. Non-unit volunteers are also welcome.

MCCS/One Source (254-7611)

www.MCCSOneSource.com

The MCCS One Source Web site provides the military community with information, guidance, resources and answers that can help improve many areas of their lives such as relocation, education programs, family support, health and wellness, financial matters and everyday issues, 24/7. Log in with “Marines” as your user name and “semper fi” as your password. See page B-2 and C-2 for volunteer opportunities at BayFest 2004 and in Youth Activities or Intramural Sports programs.

Single Marine & Sailor Program

(Leslie Graham, 254-7593)

www.MCCSHawaii.com/semper.htm

In addition to getting involved in a variety of community projects, SM&SP volunteers address quality of life, recreation, health and wellness, life skills and career progression issues of unaccompanied, E-5 and below Marines and Sailors.

Special Olympics Hawaii

(Daina Hart, Windward Oahu, 943-8808, ext. 30)

www.specialolympicshawaii.org

Special Olympics is founded on the belief that people with intellectual disabilities can, with proper instruction and encouragement, learn, enjoy and benefit from participation in individual and team sports. Special Olympics provides services in many areas, including sports training, and adult, family and school programs. Special Olympics programs are run almost entirely by volunteers from all walks of life. Most volunteer jobs require no prior experience and help is needed with the following:

- Saturday at car wash fund-raiser
- June 25 – 27 at “Taste of Honolulu”
- July 17 at car wash fund-raiser
- July 24 at “Day at the Bay”
- July 31 at car wash fund-raiser
- Aug 7 at Oahu-wide soccer and bocce ball competition
- Aug 14 at car wash fund-raiser

WORD TO PASS

Tonight, STAR 101.9 FM Hosts ‘Band Camp’

Twelve bands will play on two stages at the STAR 101.9 FM “Band Camp,” tonight at the Beach House (at Aloha Tower), from 7 p.m. till 1:30 a.m., for ages 21 and older.

Doors will open at 6 p.m., and the cost is \$15 at T&T Tinting (426 Ward Ave.), the Maritime Museum (at Pier 7 adjacent Aloha Tower) or at the University of Hawaii Campus Center. Cost is \$20 at the door.

Band Camp will feature Plain Jane, Linus, Sams Garage, Living In Question, The Nono Boys, Missing Dave, Battle Royale, and Bubble. Plus, catch special appearances by Wicked YB and DJ Jah-Kno, Bargain Music, Donavon Frankenreiter, and Pepper.

For more information, go to www.star1019.com.

Saturday, Environmental Needs Volunteers to Aid Mokapu Habitat

Military and civilian volunteers are needed to help remove baby mangrove sprouts from the shoreline of recently restored wetland facing Kaneohe Bay, Saturday from 9 to 11:30 a.m.

The Environmental Compliance and Protection Department hopes to prevent sprouts from re-infesting the area and crowding out native wildlife that have

recently returned to the habitat with this volunteer effort.

If you’re interested, meet and park at the bayside Military Police parking lot at 9 a.m. Volunteers will then walk to nearby wetland escorted by Dr. Diane Drigot, senior natural resources management specialist here, and Sierra Club volunteers. Environmental will provides tools and gloves, but volunteers should wear closed-toe shoes and old clothes. Also, helpers should bring sunscreen and bottled water.

Volunteers will enjoy close-up views of rare and endangered Hawaiian shorebirds and panoramic views of the Koolau Mountains. Plus, the Sierra Club will provide information about hiking and outing opportunities elsewhere in the state.

For more details, contact Dr. Diane Drigot at drigotdc@mcbh.usmc.mil or 257-6920, ext. 224.

Saturday, Windward Mall Celebrates Dads

The Hawaii Coalition for Dads celebrates “Father’s Month” with two free “Day for Dads” community celebrations, tomorrow and June 19 from 10 a.m. to 4 p.m.

Catch entertainment by Fundles the Clown at 12:15 p.m., headliner Dita Holifield at 12:45 p.m., and the

Father/Child Look-Alike Contest at 1:30 p.m. Also, enjoy displays and information booths throughout both Saturdays.

Similar events will also take place at Pearlridge Center both dates. The coalition is a group of organizations that shares information about services to fathers, and works to increase awareness of the importance of responsible fatherhood. For more details, call 841-2245.

Waikiki Hosts Festival, This Weekend

The 25th Annual Pan-Pacific Festival (held in conjunction with King Kamehameha Day celebrations in Hawaii) will take place in Honolulu, today through Sunday, with drums, dance, pageantry and parades. Organizers say this year’s festival should be the most exciting ever, as thousands will arrive from Japan for this weekend of celebration helping to promote intercultural friendship.

Festival highlights will include participation by famous sumo wrestler Konishiki; a Waikiki street party, today, complete with live entertainment, crafts and activity booths, ethnic foods and hula performances; an eclectic parade, Sunday, on Kalakaua Avenue; and various cultural performances throughout the weekend at the Royal Hawaiian Shopping Center’s Fountain Courtyard, as well as at Ala Moana Shopping

Center’s Centerstage.

For more details, visit www.pan-pacific-festival.com.

Beginning Tuesday, Headquarters Bn. to Hold Car Washes

Marines and Sailors with Headquarters Battalion, MCB Hawaii, will host car washes to help raise funds for this year’s Marine Corps birthday ball on the following dates:

- This Tuesday, June 15,
- Saturday, June 26,
- Friday, Aug. 13, and
- Saturday, Aug 28.

Stay tuned to the *Hawaii Marine* for details about coupons offering 20-percent off Papa John’s Pizza; the company will graciously donate the discount towards the birthday ball fund.

Wednesdays, Thursdays, Meditation Center Extends Yoga Offers

Develop clarity, strength and balance during “Yoga for Vitality: Body/Mind/Spirit” on Wednesdays beginning next week through June 30 from 4:30 to 6 p.m. Or, learn yoga techniques for stress-free living with “Gentle Strength Yoga,” this Thursday and June 24 from 10:45 a.m. to noon.

Offered in partnership with Kailua

See WTP, B-8

Williams bids readers farewell from La Mer

WAIKIKI, Hawaii — For the past few years, I have searched Hawaii for the best places to eat. I have uncovered wonderful treasures of many varieties and have shared them with you.

Now my time in paradise has come to an end, and it seems only fitting to conclude my time here, and my final “Island Flavors,” with Hawaii’s ultimate dining experience.

While Oahu abounds with places that serve great meals at affordable prices, this treasure I share with you comes at a princely price. But, the meal you will remember a lifetime.

If this sounds enticing, La Mer, located at the Halekulani, is for you.

You’ll dine in the luxurious open-aired salon and relish the opportunity to partake in some of Hawaii’s highest quality, fine French cuisine, with service that redefines the word.

And apparently I’m not the only one who feels this way. “Travel and Leisure” magazine just placed La Mer and the Halekulani in third place as having the best service in the entire world.

La Mer is also Hawaii’s only restaurant to have earned the prestigious “AAA Five Diamonds” award for excellence in dining.

The restaurant’s haute cuisine offers an intensity that satisfies your every sense and fills you up, but with a lightness that makes you feel like you could just float out the door at the end of the evening.

Guiding you through the experience is a staff, graceful in

its service, and with an encyclopedia’s worth of knowledge about the foods, wines, cheeses and intimate, finer touches of exquisite dining.

The menu and kitchen fall under the gifted direction of Chef Yves Garnier. Originally from Provence, France, Garnier insists that the cuisine retains a true French identity. Prior to La Mer, he worked in Monaco, where he earned a coveted Michelin star and often cooked for Prince Albert and the royal family of Monaco.

With a Hawaiian band playing softly in the background, my wife and I began our experience with La Mer’s elegant maître d’, who guided my wife and me to our table, where we met with friends. We all eagerly anticipated the delights that lay ahead.

After a glass of champagne (to accompany each dish, La Mer boasts an astonishing wine list), we began our meal with a selection of appetizers (most of which range from \$14 to \$36).

We launched our meal with musky, earthy flavored truffles — shipped in from the French region of Vaucluse — topped with a subtle Guerande salt from France’s Atlantic coast, and arranged over potatoes with shallots and ham, shipped in from Italy.

Next, my guests and I moved on to an extraordinarily rich and silky sautéed foie gras that just evaporated in our mouths. It was served with a sweet port wine compote of pear, apricot and prunes, in a stunning presentation.



The following course was a lobster medallion: lightly smoked salmon and garden-fresh avocado, prepared in a clever, local sushi style.

Exemplifying true French cuisine, our next dish was escargot, presented in a creative pastry “purse” and served with contrasting hazelnut butter, and a slightly sweet hazelnut cookie.

Continuing on with the flawless French fare, we took pleasure in sweet and tender scallops served with truffles over a savory risotto, and accented with artichokes with a trace of lemon.

Knowing La Mer technically translates in French to “the sea,” we moved on to an astonishingly crispy moi (a delicious, delicate Hawaiian fish that was once reserved only for royalty) on a puff pastry, and layered with leek fondue in a “Monte Carlo” sauce. This dish left a pleasant, faint taste of the sea, which was soon washed away by the Williamine pear (brandy) sorbet, intended to cleanse our palates before our next entrée.

My main course consisted of a tournedo of Angus beef filet, sautéed with Portobello mushrooms and accented with a simple, yet complex, basil jus sauce. It was topped with a sliver of Maitre d’hotel butter (butter with a hint of lemon and chopped parsley) in the traditional French style.

A few tempting entrées on the menu (most of which range between \$28 and \$45), which escaped my plate this visit, included the rack of lamb with a Dijon mustard crust. It was presented Provençale style with vegetables and creamy potatoes and celebrated with “Bouillabaisse La Mer,” made with an assortment of fish, shellfish, vegetables, wine, garlic and herbs. This was served cleverly in a puff pastry.

By the time the highly impressive cheese cart rolled around, it was clear to all that we were not just having a dinner in Hawaii anymore; rather, we’d been swept away to Monte Carlo or Paris, where dinner becomes a grandiose occasion.

We all selected a few samples from the cart, ranging from

La Mer
Halekulani
Waikiki
923-2311

Hawaii’s only locally made cheese (a chèvre made on the Big Island), to a smooth, creamy Camembert from France. Only the bravest of our table took on one nameless gooey, stinky cheese that I suspect would frighten away any mouse.

Coming to dessert, the true pinnacle of a meal (according to my wife), we selected the “Dessert Variation La Mer,” which offered a nice sample of the cookies, chocolates, ice cream and French-style desserts, all of which are made on the premises.

Other delightful desserts, not chosen, included the pistachio ice cream “Mikado,” with pistachio bonbons dipped in dark chocolate with an almond, ginger Chiboust (or pastry cream, finished with an Italian meringue) in a butterfly style chocolate vase; the “Dreams of Chocolate” with cherry brandy chocolate mousse, a white and dark chocolate “tear drop”; and Gianduja (a silky smooth, hazelnut-flavored chocolate) ice cream in a chocolate cup symphony.

To conclude your dining experience, La Mer offers a number of beverages with dessert wines, specialty pressed coffees, hot teas, espressos and cappuccinos.

While La Mer’s unmistakably

See *LA MER*, B-7

| ON THE MENU AT ANDERSON HALL | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| Today Lunch Kalua Pork & Cabbage Hawaiian Stew Steamed Rice Shrimp Fried Rice Simmered Green Beans Pineapple Upside-Down Cake Asst. Fruit Pies | Specialty Bar Pasta Bar | Lemon Sauce Peanut Butter Cookies | Specialty Bar Pasta Bar | Devil’s Food Cake w/ Mocha Cream Frosting Asst. Fruit Pies | Dinner Baked Stuffed Pork Chops Turkey Pot Pie Mashed Potatoes Steamed Rice Bread Pudding w/ Lemon Sauce Peanut Butter Cookies Asst. Fruit Pies | Thursday Lunch Cantonese Spareribs Baked Tuna & Noodles Shrimp Fried Rice Pineapple Upside-Down Cake Asst. Fruit Pies |
| Dinner Sauerbraten Knockwurst w/Sauerkraut Cottage Fried Potatoes Egg Noodles Chocolate Chip Cookies Asst. Fruit Pies | Saturday Brunch/Dinner Grilled Steak Pork Chop Mexicana Mashed Potatoes Spanish Rice Fruit Nut Bars Asst. Fruit Pies | Monday Lunch Teriyaki Chicken Salisbury Steak Steamed Rice Mashed Potatoes Apple Crisp Asst. Fruit Pies | Tuesday Lunch Barbecue Spareribs Veal Parmesan Oven Browned Potatoes Buttered Egg Noodles Devil’s Food Cake w/ Mocha Cream Frosting Asst. Fruit Pies | Wednesday Lunch Baked Ham Chili Macaroni Candied Sweet Potatoes Grilled Cheese Sandwich Bread Pudding w/ Lemon Sauce Peanut Butter Cookies Asst. Fruit Pies | Specialty Bar Hot Dog Bar | Dinner Swedish Meatballs Caribbean Chicken Steamed Rice O’Brien Potatoes Pineapple Upside-Down Cake Asst. Fruit Pies |
| | Sunday Brunch/Dinner Beef Pot Pie Baked Fresh Fish Steamed Rice Bread Pudding w/ | Dinner Baked Meat Loaf Oven Roast Beef Parsley Buttered Potatoes Pork Fried Rice Apple Crisp Asst. Fruit Pies | Dinner Swiss Steak w/ Brown Gravy Baked Fish Fillets Lyonnaise Potatoes Steamed Rice | | | Specialty Bar Taco Bar |



Little fruit packs big taste

The modest, sweet, slightly tart and juicy kiwifruit packs a surprising nutritional punch

Elizabeth Pivonka,
Ph.D., R.D.
NAPS Featurettes

Chilean Kiwifruit — those fuzzy brown, egg-shaped fruits you’ve seen in the produce department mid-March through November — are nutrition powerhouses of vitamins, minerals, dietary fiber and health-promoting phytochemicals. Grown in the cooler regions of Chile, south of Santiago, kiwifruit are an amazing source of vitamin C, not to mention other essential nutrients. Two kiwifruit provide dietary fiber (16 percent Daily Value), vitamin C (240 percent DV), potassium (14 percent DV), vitamin E (10 percent), and folate (9 percent), along with a wide array of phytochemicals. Phytochemicals give fruits and vegetables their color and may help lower the risk of some cancers and protect against the effects of aging. Fruits and vegetables can be grouped by color into five groups: blue/purple, green, white, yellow/orange, and red.

Kiwifruit are members of the green group. Although brown on the outside, the part you eat is green and that’s what determines the color group. When you eat fruits and vegetables from each color group every day for a total of at least five to nine servings, you have a great start on the variety you need for a healthful diet. Remember, variety is the key, and color is a good way to think about variety. Have you tried kiwifruit? These sweet, slightly tart, juicy fruits are a real treasure. Fresh from Chile, kiwifruit can be simply cut in half and eaten with a spoon or added to fruit salads, tossed into smoothie drinks or baked into cobblers. For more information about “5 A Day” and “The Color Way Guide to the Health Benefits of Colorful Fruits and Vegetables,” visit www.5aday.org and www.aboutproduce.com.

(Editor’s Note: Dr. Elizabeth Pivonka is president of the Produce for Better Health Foundation.)

Kiwifruit Cobbler

12 large kiwifruit, peeled and cut into ¾-inch cubes
2 tablespoons brown sugar
1 tablespoon grated lemon peel
1 tablespoon all-purpose flour
½ teaspoon ground cinnamon
½ package (3.2 ounces) prepared corn muffin mix
1 tablespoon additional brown sugar
½ teaspoon ground nutmeg
Vanilla ice cream or cream (optional)

Preheat oven to 375 degrees. Place cubed kiwifruit in well-greased baking casserole. Combine brown sugar, lemon peel and flour; sprinkle on top of fruit and mix lightly. Place in hot oven for 25 minutes. Prepare ½ package muffin mix as directed. When fruit mixture is hot and bubbling, spoon on prepared mix. Combine extra brown sugar and nutmeg; sprinkle on top. Continue baking for another 18 – 20 minutes or until crust is golden brown and done. Remove and allow to cool. Serve warm, with ice cream or cream, if desired. Recipe makes six (¾-cup) servings. Each contains (does not include optional ingredients) 210 calories, 2.5 grams of total fat.



LA MER, From B-6

French cuisine may make you feel like you are visiting the French Riviera, La Mer’s decor brings you back to Hawaii with its decidedly South Pacific elegance, sweeping diners back to a feeling of turn-of-the-century Hawaii. The 1930s plantation-style cottage dining room is decorated with European-style sketched walls, adorned with gold panel, and teak and bamboo trimmings. With enormous windows facing the ocean and Diamond Head, La Mer is one of Hawaii’s most romantic settings. It’s, no doubt, the backdrop for abundant wedding proposals and anniversary dinners. Looking back on my experience at La Mer and what makes it Hawaii’s perfect dining experience, it is not only its sublime food, flawless service and spectacular views, but also the feeling and mood set by the whole experience. As you dine on the French cuisine and enjoy the service worthy of royalty, it’s the sensation the world has stopped for a few hours and you have received the chance to just take pleasure in life. This is why, if you want to truly experience Hawaii’s ultimate dining experience, it has to be La Mer. It is with sadness that I must leave my post as “Island Flavors” restaurant columnist. I leave for a new job and a new search for that perfect meal in Washington, D.C., but it has been my pleasure sharing my dining experiences with you. Bon Apétit!

==MARINE MAKEPONO==

HAWAIIAN FOR “MARINE BARGAINS”

Automobiles

’89 **Ford Festiva**, 2 door, mechanically sound, faded paint. Good island car. Asking \$800, firm. Call Alan at 253-5745.

’89 **Plymouth Voyager**, 4 cylinder, white, automatic, A/C, power windows, good tires, no rust but bruised, engine stalls/dies and needs attention, 195k miles. Asking \$175. Call 261-1828.

’92 **Nissan Stanza**, 4 door. Asking \$1,000 OBO. Call 254-1241 or 429-1338.

’95 **BMW 325i**, green, 4 door, leather, sunroof, CD stacker, new battery, 5 speed, 96k miles, great condition. Asking \$8,700 OBO. Call 286-4617.

’97 **Chevy Camaro convertible**, 70k miles, runs great, nice car. Maintenance records available. Asking \$7,595. Call 947-5670.

’00 **Chrysler 300M**, gold, automatic, 30,700 miles, sun-roof, multi-disc CD player, cruise control, power package, remote trunk release, heated leather seats, keyless entry, A/C climate control, traction control. Asking \$14,995. Call 381-2887.

Motorcycles

’00 **Suzuki GSXR 750**, white/blue, 12k on body, newer engine, too many extras to list, great condition. Asking \$6,500 OBO. Must see. Call 864-2192.

’02 **Honda Shadow**, 600cc, purple, new, just out of the crate, 92 miles, with 36-month warranty. Asking \$4,995. Call 254-4023.

Pets

Jack Russell Terrier, six months old. Leaving for Okinawa. Asking \$1,200.

Call 253-0625.

Miscellaneous

Moving sale/free to good home, entertainment center, corner computer desk, car-pet, carport gates, work bench storage center, outdoor shelves, plants, ‘Redneck Riviera’ sofa and love seat. Call 254-1241 or 429-1338.

Double jogging stroller, ‘The Twinner,’ in great condition, \$50 OBO; bunk beds in good condition, \$199; treadmill, in good condition, \$199. Call 254-2461.

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Free Makepono Ads

Ads are free and will appear in two issues of the Hawaii Marine, if space is available.

Call 257-8836 or 257-8837 for more information.

WTP, From B-5

Shambala Meditation Center in the Aikahi Shopping Center, also enjoy the special introductory rate of \$5 per class. For more details, call Charlotte at 230-8902, or explore www.HawaiiYogaandWellness.com.

Wednesday’s ‘Wildest Show’ to Benefit Zoo

All of Oahu is invited to the 2004 AT&T Wildest Show — any Wednesday in June — where all can help support the Honolulu Zoo and enjoy shows provided by the following popular entertainers:

- Wednesday: ‘Ike Pono (Contemporary Hawaiian)
- June 23: Maunalua (Hawaiian)
- June 30: Pacific Fleet Big Band

Gates will open at 4:35 p.m., and shows will run from 6 to 7 p.m. on the stage lawn. A dollar donation is requested to benefit the zoo. Call 926-3191 for more info.

Aquarium Posts Summer Activities

Summer is here and the Waikiki Aquarium is celebrating with a wide

range of activities and programs for youth and adults. Rediscover the Aquarium during the following events:

- June 19, July 3 & 31, and Aug. 29 from 8 to 10:30 a.m. (7:30 a.m. on the 31st): Take a walk on the reef and explore the shoreline, reef flats and tide pool habitats during “Exploring the Reef by day.” Cost is \$10 adults, \$8 children.
- June 20 and July 19 at 7 p.m.: Celebrate the rite of reef renewal at “Coral Spawning.” Cost is \$16.
- Call 923-9741 or visit www.waquarium.org for more details.

Mustangs to Reunite

The Marine Corps Mustang Association will hold its annual reunion Sept. 13 – 17 at the Days Inn at the Falls, 443 Main St., Niagara Falls, N.Y. Membership and attendance is open to present, retired and former Marine officers (warrant or commissioned) who served in an enlisted status prior to their appointment in the USMC OR USMCR.

For more details, contact Mr. Bill Max, a retired major, at 1-800-321-USMC (8762), or e-mail topmustang@aol.com.